

## CLAIMS

We claim:

- 5     1.     A ski binding comprising
  - a)     a pair of elongated means which are moveable one in relation to the other;
  - b)     a toe cup adapted to receive the toe portion of a ski boot;
  - 10     c)     a heel cup adapted to receive the heel portion of said ski boot;
  - d)     centrally located means adapted to attach the ski binding to a ski;wherein said toe cup is pivotally connected to each said elongated means.
- 15     2.     A ski binding as described in claim 1 wherein said heel cup is pivotally connected to each said elongated mans.
- 20     3.     A ski binding for use with a ski or a ski board comprising:
  - a)     a base plate capable of being attached to said ski or ski board;
  - b)     a top plate pivotably attached to the base plate;
  - 25     c)     biasing means for biasing the top plate towards a predetermined position;
  - d)     a toe holding means pivotably connected to the top plate so that lateral force applied to the toe holding means is transferred to the top plate, having toe release means which will release when the toe holding means is pivoted; and

e) means for pivoting the toe holding means when the top plate is moved away from the predetermined position.

4. A ski binding as described in claim 3, where the base plate is attached to the ski, in the central portion of the base plate.

5. A ski binding as described in claim 3, where the base plate is shorter in length than a conventional binding.

6. A ski binding as described in claim 4, where the base plate is shorter in length than a conventional binding.

7. A ski binding as described in claim 5, where the biasing means comprises a upper forward biasing means, a lower forward biasing means, an upper rear biasing means and a lower rear biasing means, the upper forward biasing means, the lower forward biasing means, the upper rear biasing means and the lower rear biasing means being capable of having the force of their bias adjusted.

8. A ski binding as described in claim 6, where the biasing means comprises a upper forward biasing means, a lower forward biasing means, an upper rear biasing means and a lower rear biasing means, the upper forward biasing means, the lower forward biasing means, the upper rear biasing means and the lower rear biasing means being capable of having the force of their bias adjusted.

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9. A ski binding for use with a ski or a ski board comprising:
- a) a base plate capable of being attached to a ski or ski board;
  - b) two elongated plates pivotably attached to the base plate;
  - c) biasing means for giving the two elongated plates a bias towards a predetermined position;
  - d) a toe holding means pivotably connected to the elongated plates so that torsional force applied to the toe holding means will be transferred to the elongated plates, having toe release means which will release when the toe holding means is pivoted; and
  - e) means for pivoting the toe holding means when the elongated plates are moved away from the predetermined position.
10. A ski binding as described in claim 9, where the base plate is shorter in length than a conventional binding.
11. A ski binding as described in claim 9, where the two elongated plates are biased so as to have their longitudinal axis aligned with the longitudinal axis of the ski or ski board.
12. A ski binding as described in claim 10, where the predetermined position is to have the longitudinal axis of the two elongated plates aligned with the longitudinal axis of the ski or ski board.
13. Ski binding as described in claim 11, further comprising a heel holding means pivotably connected to the elongated plates so that lateral force applied to the heel holding means will be transferred to the elongated plates,

having release means which will release when the heel holding means is pivoted, conventional upward heel release means and means for pivoting the heel holding means when the elongated plates are moved away from the predetermined position.

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14. Ski binding as in claim 12, further comprising a heel holding means pivotably connected to the elongated plates so that lateral force applied to the heel holding means will be transferred to the elongated plates, having release means which will release when the heel holding means is pivoted conventional upward heel release means and means for pivoting the heel holding means when the elongated plates are moved away from the predetermined position.

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15. A ski binding for use with a ski or a ski board comprising:

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- a) a base plate capable of being attached to said ski or ski board;
- b) a top plate pivotably attached to the base plate;
- c) biasing means for biasing the top plate towards a predetermined position;
- d) a toe holding means translatably connected to the top plate so that lateral force applied to the toe holding means is transferred to the top plate, having toe release means which will release when the toe holding means is translated; and
- e) means for translating the toe holding means when the top plate is moved away from the predetermined position.

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16. A ski binding as described in claim 15, where the base plate is attached to the ski, in the central portion of the base plate.

17. A ski binding as described in claim 15, where the base plate is shorter in length than a conventional binding.

18. A ski binding as described in claim 16, where the base plate is shorter in length than a conventional binding.

19. A ski binding as described in claim 17, where the biasing means comprises an upper forward biasing means, a lower forward biasing means, an upper rear biasing means and a lower rear biasing means, the upper forward biasing means, the lower forward biasing means, the upper rear biasing means and the lower rear biasing means are capable of having the force of their bias adjusted.

20. A ski binding as described in claim 18, where the biasing means comprises an upper forward biasing means, a lower forward biasing means, an upper rear biasing means and a lower rear biasing means, the upper forward biasing means, the lower forward biasing means, the upper rear biasing means and the lower rear biasing means are capable of having the force of their bias adjusted.